

What to do if...

you or a friend are sexually assaulted

- Go to a safe place, with people you feel comfortable with.

- Go to a hospital right away for a rape kit; DO NOT bathe, douche, shower, or change clothes before hospital visit. Cleaning, although that may be your first instinct, will destroy evidence that could be used if you decide to prosecute the offender.

- Talk to a legal advocate to decide whether or not you should file a report.

- Utilize the resources in your community to help you cope with the assault.

- Remember! The rapist is entirely responsible for a rape. A survivor is never at fault or to blame, regardless of the situation.

- If your friend has been assaulted, stand by them, listen and do anything you can to help.

Help a survivor

- Believe what your friend is telling you.

- Don't pressure or force them to do anything. They need to feel they are in charge of decisions.

- Tell your friend that the rape is NOT their fault. Do not blame your friend for what happened.

- Don't question their behavior or reasons.

- Ask them how you can help, ask them what they want.

- Encourage them to go to a hospital to get a rape kit done.

- Rape is a crime, encourage them to report it.

- Encourage them to think about talking to a counselor.

- Support your friends. Listen to their story and their needs. Don't be judgemental.

The RAPE, ABUSE & INCEST NATIONAL NETWORK hotline can redirect you to a local crisis center.

1-800-656-HOPE

Make your community aware of the resources in your area.

"Once a girl knows I'm going to listen to a no, she knows I'm going to listen to a yes, too. That yes is a really nice thing to hear when she means it. Not just about sex... About anything."



It is UP to each of us to prevent SEXUAL ASSAULT in our community

A d.i.y. GUIDE TO PREVENTING SEXUAL ASSAULT



FREE. COPY AND DISTRIBUTE AT WILL!



WHAT IS SEXUAL ASSAULT?

HEARSAY AND SPECULATION ABOUT

DATE RAPE AND SEXUAL ASSAULT



"Some guys get loaded and take advantage of girls. Then they say, 'We were drunk, what's the big deal?'"

"A friend of mine sexually assaulted someone, and I feel really betrayed- I mean, who can I trust?"

"When I hear about a rape close to me, I feel powerless and stunned. I wonder if I could have done anything to prevent it."

HERE'S THE FACTS...

What is Sexual Assault?

When someone is forced, tricked or pressured into doing any sexual contact.

What is Date or Acquaintance Rape?

When someone you know or are on a date with forces you to have sexual contact or intercourse.

CONSENT IS...

Giving your okay, verbally and unimpaired (IE: NOT high or drunk) with full awareness of your surroundings is consent. Forcing or coercing someone into sexual activity or engaging in a sexual act with someone who is high, drunk, passed out, or unable to give consent is rape.

Alcohol and Sexual Assault

Excessive alcohol use and sexual assault are often linked, although alcohol can impact a sexual assault, it is not the reason assault happens. No one rapes someone nor gets raped simply because they are drunk. Keep focus on the assault, not the booze.

When you're out, watch your drink and don't accept drinks from strangers. Since date rape drugs can be slipped into your drink easily without your knowledge, please drink safely!

TAKE CARE OF YOURSELF

- Communicate with your partner. Ask questions to make sure the two of you see eye to eye. Really listen to what your partner says, it's easy to hear what you want instead of what they are saying. Stop right away if they say 'no' at any time.

- Be smart about alcohol. It's much easier to be a victim or predator when you're trashed.

- Consent CANNOT be given while drunk, high, passed out or emotionally distressed.

- Be clear and assertive. If there is any misunderstanding, stop teasing- say no. Respect yourself, it's always OK to say no. It's OK to change your mind. Sex is never an obligation.

-Remember: there is no way that anyone can dress that invites harassment.

- Avoid any situation you're not completely comfortable with, and don't be afraid to leave any situation that you feel is shady

TAKE CARE OF YOUR FRIENDS

- Keep an eye on your friends. Don't be afraid to step in and intervene if they are in a risky or bad situation.

- Making your presence known will let your friend know that they are not alone and the person bothering them may back off.

- Check in with your friends. If you sense that they are uncomfortable with what's going on, step in and make sure everything is alright.

- If your friends are acting sketchy or aggressive, giving people unwanted/inappropriate attention, don't be afraid to distract them or get them out of the situation. Be sure to let them know that their behavior was unacceptable.

OPPOSE AND CONFRONT HOMOPHOBIA, TRANSPHOBIA AND GENDER OPPRESSION! THESE ATTITUDES FOSTER AN ENVIRONMENT THAT ALLOWS SEXUAL ASSAULT TO TAKE PLACE.



"Nobody ever died of blue-balls, cowboy. There's a lock on the bathroom door for a reason."